



VCE & PDF

PassApply.com

<https://www.passapply.com/ace-personal-trainer.html>

2024 Latest passapply ACE-PERSONAL-TRAINER PDF and VCE dumps

Download

ACE-PERSONAL-TRAINER^{Q&As}

American Council on Exercise (ACE) Personal Trainer (PT)

Pass ACE Fitness ACE-PERSONAL-TRAINER Exam with 100% Guarantee

Free Download Real Questions & Answers **PDF** and **VCE** file from:

<https://www.passapply.com/ace-personal-trainer.html>

100% Passing Guarantee
100% Money Back Assurance

Following Questions and Answers are all new published by ACE
Fitness Official Exam Center

- ⚙️ **Instant Download** After Purchase
- ⚙️ **100% Money Back** Guarantee
- ⚙️ **365 Days** Free Update
- ⚙️ **800,000+** Satisfied Customers





QUESTION 1

Which gland secretes hormones that increase oxygen uptake, increase heat production, and affect many metabolic functions\\'?

- A. Adrenal
- B. Hypothalamus
- C. Pituitary
- D. Thyroid

Correct Answer: D

QUESTION 2

Which exercise is MOST effective for strengthening the pectoralis major muscle group?

- A. Lateral raise
- B. Bodyweight push-ups
- C. Pull-ups
- D. Seated overhead dumbbell press

Correct Answer: B

QUESTION 3

A client has type 2 diabetes and has been working with an ACE certified Personal Trainer for one month. They have worked with a dietitian on meal plans. They have been training three times per week with a trainer plus two additional days of self-directed cardio workouts. The client is overwhelmed by this lifestyle change and concerned about their health. What could the trainer do to motivate them to continue the lifestyle change efforts?

- A. Communicate that exercise and weight loss can increase insulin sensitivity.
- B. Refer them back to a dietitian for a revised dietary plan.
- C. Add a day of mind-body activity to the program.
- D. Indicate that they will start losing weight in the next few weeks.

Correct Answer: A

QUESTION 4

When assessing your client\\'s hip flexion using a passive supine straight leg raise, you discover there is less than 80\\'



of motion on both right and left sides. This MOST likely indicates tightness in which muscles?

- A. Iliopsoas
- B. Hamstrings
- C. Adductor magnus and brevis
- D. Gluteus medius and minimus

Correct Answer: AC

QUESTION 5

Which of the following is closest to the MAXIMUM recommendation for safe weight loss?

- A. 14 lb (6 kg) in three months
- B. 15 lb (7 kg) in four months
- C. 24 lb (11 kg) in two months
- D. 30 lb (14 kg) in four months

Correct Answer: A

[ACE-PERSONAL-TRAINER PDF Dumps](#) [ACE-PERSONAL-TRAINER Exam Questions](#) [ACE-PERSONAL-TRAINER Braindumps](#)